

HOME LEARNING

Class: Year 9

Home Learning 4

Please try and stay as physically active as possible whilst at home. Included are some links to a variety of different workouts that can be completed whilst you are at home. Please try and do one of these at least twice a week.

https://www.youtube.com/watch?v=iEsZITtRiWQ&list=PLyCLOpd4VxBtuM-_HKeZSDSCKaVlhYiVL&index=3 - Workout 3 | Intermediate HIIT | The Body Coach Beginner Workout Series

https://www.youtube.com/watch?v=ZBC72AoTcCE&list=PLyCLOpd4VxBtuM-_HKeZSDSCKaVlhYiVL&index=4 - Workout 4 | HIIT & Abs | The Body Coach Beginner Workout Series

Please submit this work to me at sdowling@bower-grove.kent.sch.uk –
2 GOLDEN TOCKENS for this first piece of work received then **1 GOLDEN TOCKEN** for any work after that!!

Sporting Facilities

All schools and communities have a wide variety of sporting facilities. Many people are unaware of these.

Can you make a list of the sports and activities you can do at Bower Grove? Include in lessons and clubs. Put a tick next to the ones you have taken part in.

Write down any sports or activities you would like to have available in school:

Now make a list of all the sporting activities in your local area and make a note of the facilities available e.g. Swimming – Maidstone Leisure Centre.

What sporting facilities would you like in your local area that do not already exist?

Extension – Design and produce a diagram showing a sporting facility that you would like to use in your local area.

If you have queries about this work, please contact me at sdowling@bower-grove.kent.sch.uk